

Date: \_\_\_\_\_

Day: \_\_\_\_\_

"It's not the size of the dog in the fight, it's the size of the fight in the dog."

- Mark Twain

### Good Habits/Activities to Maintain:

Spiritual:

Physical:

Mental:

Economic:

Emotional:

General:

Total Score for Today: \_\_\_\_ /+6

I ended the day in positive, negative or neutral?

-1     0     +1

Bad Habit to Overcome:

Did You Resist The Bad Habit?

YES     NO

### Self Reflection

#### Productivity:

1	2	3	4	5
6	7	8	9	10

#### Mood:



Today I am Thankful For:

Today I Am Proud of:

Today's Note:

Date: \_\_\_\_\_

Day: \_\_\_\_\_

"The wise learn many things from their enemies."

- Aristophanes

### Good Habits/Activities to Maintain:

Spiritual:

Physical:

Mental:

Economic:

Emotional:

General:

Total Score for Today: \_\_\_\_\_ /+6

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#### Productivity:

1	2	3	4	5
6	7	8	9	10

#### Mood:



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"Success is good at any age, but the sooner you find it, the longer you will enjoy it."

- Napoleon Hill

### Good Habits/Activities to Maintain:

Spiritual:

Physical:

Mental:

Economic:

Emotional:

General:

Total Score for Today: \_\_\_\_\_ /+6

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Today's Note:

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"If you spend too much time thinking about a thing, you'll never get it done. "

- Bruce Lee

## Good Habits/Activities to Maintain:

Spiritual:

Physical:

Mental:

Economic:

Emotional:

General:

Total Score for Today: \_\_\_\_\_ /+6

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### Mood:



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Today's Note:

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"Ask no questions, and you'll be told no lies."

- Charles Dickens

## Good Habits/Activities to Maintain:

Spiritual:

Physical:

Mental:

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Emotional:

General:

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"Humans and prosperity never endure side by side for long."  
- Herodotus

### Good Habits/Activities to Maintain:

Spiritual:

Physical:

Mental:

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Emotional:

General:

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"Do not look for a sanctuary in anyone except your self."

- Buddha

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Spiritual:

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"Vision is the art of seeing things invisible."

- Jonathan Swift

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Spiritual:

Physical:

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General:

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"Most people do not really want freedom, because freedom involves responsibility, and most people are frightened of responsibility."

- Sigmund Freud

### Good Habits/Activities to Maintain:

Spiritual:  ○

Physical:  ○

Mental:  ○

Economic:  ○

Emotional:  ○

General:  ○

Total Score for Today: \_\_\_\_ /+6

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"One small positive thought can change your whole day."

- Zig Ziglar

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Mental:

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Emotional:

General:

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"Remember to look up at the stars and not down at your feet."

- Stephen Hawking

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Today's Note:

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"The ego wants to go fast. The soul needs to go slow."

- Maxime Lagace

### Good Habits/Activities to Maintain:

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General:

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"Nothing is too high for a man to reach, but he must climb with care and confidence"

- Hans Christian Andersen

### Good Habits/Activities to Maintain:

Spiritual:

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Mental:

Economic:

Emotional:

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Today's Note:

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"The time is always right to do what is right."

- Martin Luther King, Jr.

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Spiritual:

Physical:

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General:

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6	7	8	9	10

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#### Today's Note:

Date: \_\_\_\_\_

Day: \_\_\_\_\_

"The moment you doubt whether you can fly, you cease for ever to be able to do it."

- James Matthew Barrie

### Good Habits/Activities to Maintain:

Spiritual:

Physical:

Mental:

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Emotional:

General:

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6	7	8	9	10

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#### Today's Note:

Date: \_\_\_\_\_

Day: \_\_\_\_\_

"You are not the drop in the ocean, but the ocean in the drop."

- Deepak Chopra

### Good Habits/Activities to Maintain:

Spiritual:

Physical:

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Today's Note:

Date: \_\_\_\_\_

Day: \_\_\_\_\_

"The secret of success lies not in doing your own work, but in recognizing the right man to do it."  
- Andrew Carnegie

### Good Habits/Activities to Maintain:

Spiritual:

Physical:

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Day: \_\_\_\_\_

"Pursue what catches your heart, not what catches your eyes."

- Roy T. Bennett

### Good Habits/Activities to Maintain:

Spiritual:

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#### Today's Note:

Date: \_\_\_\_\_

Day: \_\_\_\_\_

"The most wasted day of all is that on which we have not laughed."

- Nicolas Chamfort

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Spiritual:

Physical:

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#### Today's Note:

Date: \_\_\_\_\_

Day: \_\_\_\_\_

"Knowledge is learning something everyday. Wisdom is letting go of something everyday."

- Unknown

### Good Habits/Activities to Maintain:

Spiritual:

Physical:

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#### Today I Am Proud of:

#### Today's Note:

Date: \_\_\_\_\_

Day: \_\_\_\_\_

"The more something threatens your identity, the more you will avoid it."

- Mark Manson

### Good Habits/Activities to Maintain:

Spiritual:

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#### Today's Note:

Date: \_\_\_\_\_

Day: \_\_\_\_\_

"A fear of weakness only strengthens weakness."

- Criss Jami

### Good Habits/Activities to Maintain:

Spiritual:

Physical:

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Total Score for Today: \_\_\_\_\_ /+6

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Day: \_\_\_\_\_

"Persistence. Perfection. Patience. Power. Prioritize your passion. It keeps you sane."

- Criss Jami

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Date: \_\_\_\_\_

Day: \_\_\_\_\_

"It will never rain roses: when we want to have more roses, we must plant more roses."

- George Eliot

### Good Habits/Activities to Maintain:

Spiritual:

Physical:

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"Is it really possible to tell someone else what one feels?"

- Leo Tolstoy

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"There is no value in anything until it is finished. "

- Genghis Khan

### Good Habits/Activities to Maintain:

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"Tension is who you think you should be. Relaxation is who you are."

- Chinese Proverb

### Good Habits/Activities to Maintain:

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"Don't let the behavior of others destroy your inner peace."

- Dalai Lama

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"The Only Thing That Is Constant Is Change"

- Heraclitus

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"No matter what happens, always be yourself."

- Dale Carnegie

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"You have to make time, even for something as universal as staring at the stars."

- W.P. Kinsella

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Day: \_\_\_\_\_

"It's the job that's never started that takes the longest to finish."

- J.R.R. Tolkien

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"Sometimes letting things go is an act of far greater power than defending or hanging on."

- Eckhart Tolle

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"If we all did the things we are capable of doing, we would literally astound ourselves."

- Thomas Edison

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"If you don't like something change it. If you can't change it, change your attitude about it. Don't complain."

- Maya Angelou

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"Forgive yourself for your faults and your mistakes and move on."

- Les Brown

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#### Today's Note:

Date: \_\_\_\_\_

Day: \_\_\_\_\_

"Everyday is a second chance."

- Unknown

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#### Today's Note:

Date: \_\_\_\_\_

Day: \_\_\_\_\_

"Don't try to steer the river."

- Deepak Chopra

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Spiritual:

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Date: \_\_\_\_\_

Day: \_\_\_\_\_

"The man who asks a question is a fool for a minute, the man who does not ask is a fool for life."  
- Confucius

### Good Habits/Activities to Maintain:

Spiritual:

Physical:

Mental:

Economic:

Emotional:

General:

Total Score for Today: \_\_\_\_\_ /+6

I ended the day in positive, negative or neutral?

-1     0     +1

Bad Habit to Overcome:

Did You Resist The Bad Habit?

YES     NO

### Self Reflection

#### Productivity:

1	2	3	4	5
6	7	8	9	10

#### Mood:



#### Today I am Thankful For:

#### Today I Am Proud of:

#### Today's Note:

Date: \_\_\_\_\_

Day: \_\_\_\_\_

"The only man who never makes mistakes is the man who never does anything."

- Theodore Roosevelt

### Good Habits/Activities to Maintain:

Spiritual:

Physical:

Mental:

Economic:

Emotional:

General:

Total Score for Today: \_\_\_\_\_ /+6

I ended the day in positive, negative or neutral?

-1     0     +1

Bad Habit to Overcome:

Did You Resist The Bad Habit?

YES     NO

### Self Reflection

#### Productivity:

1	2	3	4	5
6	7	8	9	10

#### Mood:



#### Today I am Thankful For:

#### Today I Am Proud of:

#### Today's Note:

Date: \_\_\_\_\_

Day: \_\_\_\_\_

"The man who does not value himself, cannot value anything or anyone."

- Ayn Rand

### Good Habits/Activities to Maintain:

Spiritual:

Physical:

Mental:

Economic:

Emotional:

General:

Total Score for Today: \_\_\_\_\_ /+6

I ended the day in positive, negative or neutral?

-1     0     +1

Bad Habit to Overcome:

Did You Resist The Bad Habit?

YES     NO

### Self Reflection

#### Productivity:

1	2	3	4	5
6	7	8	9	10

#### Mood:



#### Today I am Thankful For:

---

---

#### Today I Am Proud of:

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---

#### Today's Note:

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---

---

Date: \_\_\_\_\_

Day: \_\_\_\_\_

"We ourselves feel that what we are doing is just a drop in the ocean. But the ocean would be less because of that missing drop."

- Mother Teresa

### Good Habits/Activities to Maintain:

Spiritual:

Physical:

Mental:

Economic:

Emotional:

General:

Total Score for Today: \_\_\_\_\_ /+6

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6	7	8	9	10

#### Mood:



Today I am Thankful For:

Today I Am Proud of:

Today's Note:

Date: \_\_\_\_\_

Day: \_\_\_\_\_

"Reading should be a pleasure, not a chore."

- Joan Rivers

### Good Habits/Activities to Maintain:

Spiritual:

Physical:

Mental:

Economic:

Emotional:

General:

Total Score for Today: \_\_\_\_ /+6

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6	7	8	9	10

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#### Today I Am Proud of:

#### Today's Note:

Date: \_\_\_\_\_

Day: \_\_\_\_\_

"Until we can manage time, we can manage nothing else."

- Peter Drucker

### Good Habits/Activities to Maintain:

Spiritual:

Physical:

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General:

Total Score for Today: \_\_\_\_\_ /+6

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#### Mood:



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#### Today I Am Proud of:

#### Today's Note:

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Day: \_\_\_\_\_

"Success is not final, failure is not fatal: it is the courage to continue that counts."

- Winston Churchill

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Spiritual:

Physical:

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Emotional:

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#### Today I Am Proud of:

#### Today's Note:

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Day: \_\_\_\_\_

"Things turn out best for the people who make the best of the way things turn out."

- John Wooden

### Good Habits/Activities to Maintain:

Spiritual:

Physical:

Mental:

Economic:

Emotional:

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6	7	8	9	10

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#### Today I Am Proud of:

#### Today's Note:

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Day: \_\_\_\_\_

"The face is the mirror of the mind, and eyes without speaking confess the secrets of the heart."

- St. Jerome

### Good Habits/Activities to Maintain:

Spiritual:

Physical:

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Emotional:

General:

Total Score for Today: \_\_\_\_\_ /+6

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#### Today I Am Proud of:

#### Today's Note:

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Day: \_\_\_\_\_

"We are all faced with a series of great opportunities brilliantly disguised as impossible situations."  
- Charles Swindoll

### Good Habits/Activities to Maintain:

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Physical:

Mental:

Economic:

Emotional:

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#### Mood:



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#### Today I Am Proud of:

#### Today's Note:

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Day: \_\_\_\_\_

"I admire those who do good and expect nothing in return."

- Roy T. Bennett

### Good Habits/Activities to Maintain:

Spiritual:

Physical:

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General:

Total Score for Today: \_\_\_\_\_ /+6

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#### Today's Note:

Date: \_\_\_\_\_

Day: \_\_\_\_\_

"When you love someone, you love the person as they are, and not as you'd like them to be."  
- Leo Tolstoy

### Good Habits/Activities to Maintain:

Spiritual:

Physical:

Mental:

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#### Today's Note:

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Day: \_\_\_\_\_

"Good things aren't supposed to just fall into your lap."

- Audrey Hepburn

### Good Habits/Activities to Maintain:

Spiritual:

Physical:

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General:

Total Score for Today: \_\_\_\_\_ /+6

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#### Today's Note:

Date: \_\_\_\_\_

Day: \_\_\_\_\_

"Today will never happen again. Don't waste it with a false start or no start at all."

- Og Mandino

### Good Habits/Activities to Maintain:

Spiritual:

Physical:

Mental:

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Emotional:

General:

Total Score for Today: \_\_\_\_\_ /+6

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6	7	8	9	10

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#### Today I Am Proud of:

#### Today's Note:

Date: \_\_\_\_\_

Day: \_\_\_\_\_

"Great thoughts speak only to the thoughtful mind, but great actions speak to all mankind."

- Theodore Roosevelt

### Good Habits/Activities to Maintain:

Spiritual:

Physical:

Mental:

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Emotional:

General:

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6	7	8	9	10

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#### Today I Am Proud of:

#### Today's Note:

Date: \_\_\_\_\_

Day: \_\_\_\_\_

"Knowing is not enough, we must apply. Willing is not enough, we must do. "

- Bruce Lee

### Good Habits/Activities to Maintain:

Spiritual:

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#### Today I Am Proud of:

#### Today's Note:

Date: \_\_\_\_\_

Day: \_\_\_\_\_

"Life is a balance of holding on and letting go."

- Rumi

### Good Habits/Activities to Maintain:

Spiritual:

Physical:

Mental:

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General:

Total Score for Today: \_\_\_\_\_ /+6

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Day: \_\_\_\_\_

"Take time like the river that never grows stale. Keep going and steady. No hurry, no rush."

- Rumi

### Good Habits/Activities to Maintain:

Spiritual:

Physical:

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Date: \_\_\_\_\_

Day: \_\_\_\_\_

"The impossible can always be broken down into possibilities."

- Unknown

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Spiritual:

Physical:

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#### Today I Am Proud of:

#### Today's Note:

Date: \_\_\_\_\_

Day: \_\_\_\_\_

"Death smiles at us all. All we can do is smile back."

- Marcus Aurelius

### Good Habits/Activities to Maintain:

Spiritual:

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#### Today I Am Proud of:

#### Today's Note:

Date: \_\_\_\_\_

Day: \_\_\_\_\_

"If it is not right, do not do it, if it is not true, do not say it."

- Marcus Aurelius

### Good Habits/Activities to Maintain:

Spiritual:

Physical:

Mental:

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Emotional:

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6	7	8	9	10

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#### Today I am Thankful For:

#### Today I Am Proud of:

#### Today's Note:

Date: \_\_\_\_\_

Day: \_\_\_\_\_

"A person is only by the thoughts that he chooses."

- James Allen

### Good Habits/Activities to Maintain:

Spiritual:

Physical:

Mental:

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General:

Total Score for Today: \_\_\_\_\_ /+6

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6	7	8	9	10

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#### Today's Note:

Date: \_\_\_\_\_

Day: \_\_\_\_\_

"Success is going from failure to failure without losing your enthusiasm"

- Winston Churchill

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Spiritual:

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Mental:

Economic:

Emotional:

General:

Total Score for Today: \_\_\_\_\_ /+6

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"Anger exceeding limits causes fear and excessive kindness eliminates respect."

- Euripides

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Mental:

Economic:

Emotional:

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#### Today I Am Proud of:

#### Today's Note:

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Day: \_\_\_\_\_

"A liar knows that he is a liar, but one who speaks mere portions of truth in order to deceive is a craftsman of destruction."

- Criss Jami

### Good Habits/Activities to Maintain:

Spiritual:

Physical:

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Today's Note:

Date: \_\_\_\_\_

Day: \_\_\_\_\_

"The fastest way to change is to laugh at your own folly."

- Spencer Johnson

### Good Habits/Activities to Maintain:

Spiritual:

Physical:

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Day: \_\_\_\_\_

"Every strike brings me closer to the next home run. "

- Babe Ruth

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Day: \_\_\_\_\_

"Failure means you've now learned another valuable lesson that pushes you one step closer to success."

- Steve Harvey

### Good Habits/Activities to Maintain:

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Physical:

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"You do not read a book for the book's sake, but for your own."

- Earl Nightingale

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"One is never afraid of the unknown; one is afraid of the known coming to an end."

- Jiddu Krishnamurti

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Day: \_\_\_\_\_

"If you aren't sure which way to do something, do it both ways and see which works better."

- John Carmack

### Good Habits/Activities to Maintain:

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Day: \_\_\_\_\_

"Do good by stealth, and blush to find it fame."

- Alexander Pope

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"Anger, ego, jealousy are the biggest diseases, Keep yourself aloof from these three diseases."  
- Sathya Sai Baba

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Date: \_\_\_\_\_

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"Play your part in life, but never forget that it is only a role."

- Paramahansa Yogananda

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#### Today I Am Proud of:

#### Today's Note:

Date: \_\_\_\_\_

Day: \_\_\_\_\_

"I skate to where the puck is going to be, not where it has been."

- Wayne Gretzky

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#### Today's Note:

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Day: \_\_\_\_\_

"Dreams are the touchstones of our characters."

- Henry David Thoreau

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#### Today's Note:

Date: \_\_\_\_\_

Day: \_\_\_\_\_

"We learn to walk by falling down. If we never fell down, we would never walk."

- Robert Kiyosaki

### Good Habits/Activities to Maintain:

Spiritual:

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#### Mood:



#### Today I am Thankful For:

#### Today I Am Proud of:

#### Today's Note:

Date: \_\_\_\_\_

Day: \_\_\_\_\_

"Generosity is giving more than you can, and pride is taking less than you need."

- Kahlil Gibran

### Good Habits/Activities to Maintain:

Spiritual:

Physical:

Mental:

Economic:

Emotional:

General:

Total Score for Today: \_\_\_\_\_ /+6

I ended the day in positive, negative or neutral?

-1     0     +1

Bad Habit to Overcome:

Did You Resist The Bad Habit?

YES     NO

### Self Reflection

#### Productivity:

1	2	3	4	5
6	7	8	9	10

#### Mood:



#### Today I am Thankful For:

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#### Today's Note:

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"Accept responsibility for your life. Know that it is you who will get you where you want to go, no one else."

- Les Brown

### Good Habits/Activities to Maintain:

Spiritual:

Physical:

Mental:

Economic:

Emotional:

General:

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"Logic is like the sword - those who appeal to it shall perish by it."

- Samuel Butler

### Good Habits/Activities to Maintain:

Spiritual:

Physical:

Mental:

Economic:

Emotional:

General:

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"Attitude, not aptitude, determines altitude. "

- Zig Ziglar

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Spiritual:

Physical:

Mental:

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"The only place success comes before work is in the dictionary."

- Vince Lombardi

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Spiritual:

Physical:

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"Nothing is hopeless; we must hope for everything."

- Euripides

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"Sometimes you put walls up not to keep people out, but to see who cares enough to break them down."

- Socrates

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"Perfectionism is simply putting a limit on your future."

- John Eliot

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"The best of us sometimes eat our words. "

- Albus Dumbledore

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"When you're curious, you find lots of interesting things to do."

- Walt Disney

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"There is only one thing in the world worse than being talked about, and that is not being talked about. "

- Oscar Wilde

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"Loving thoughts and actions are clearly beneficial for our physical and mental health."

- Dalai Lama

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"Change begets change. Nothing propagates so fast."

- Charles Dickens

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"Wherever you are, and whatever you do, be in love."

- Rumi

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"Expect the best of yourself, and then do what is necessary to make it a reality."

- Ralph Marston

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"There is no such thing as a great talent without great willpower."

- Honore de Balzac

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"Where focus goes, energy flows."

- Tony Robbins

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"To forgive means pardoning the unpardonable."

- Gilbert Chesterton

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"If you are depressed, you are living in the past. If you are anxious, you are living in the future. If you are at peace, you are living in the present."

- Lao Tzu

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"Those who bring sunshine into the lives of others cannot keep it from themselves."

- James Matthew Barrie

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"Failure is the key to success; each mistake teaches us something."

- Morihei Ueshiba

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"My definition of success is control."

- Kenneth Branagh

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"Most people fail in life not because they aim too high and miss, but because they aim too low and hit."

- Les Brown

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"The most efficient way of rendering the poor harmless is to teach them to want to imitate the rich."  
- Carlos Ruiz Zafon

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"You were born to win, but to be a winner, you must plan to win, prepare to win, expect to win."  
- Arnold Schwarzenegger

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